



From the Desk of Saint Vincent College Prevention Projects:
Parent Tips & Resources



YOU NEED THREE Wins a Day!

(Just pick one from each section — or any three total!)



BODY WINS (Move & Care for Your Body)

- ✓ Go outside and move your body for **20 minutes** (walk, bike, play)
- ✓ Drink water with **every** meal.
- ✓ Stretch, dance, or do yoga for **5-10 minutes**.
- ✓ Eat at **least one fruit or veggie**.
- ✓ Go to bed on time and get **good sleep**.
- ✓ Take **5 deep belly breaths** to calm your body.
- ✓ Play a sport, do a workout video, or have active free play.
- ✓ Get sunshine or fresh air.
- ✓ Take a warm shower or bath and relax.



MIND WINS (Grow Your Brain)

- ✓ Read **10 pages** of a book (any kind counts).
- ✓ Write or draw in a **journal** for a few minutes.
- ✓ Learn something new (a fact, skill, or game).
- ✓ Do one **hard thing** without giving up.
- ✓ Listen to **music** or a podcast that makes you feel good.
- ✓ Finish one important task (homework, cleaning, practice).
- ✓ Build, draw, create, or play for fun.



HEART WINS (Feel Good in Your Heart)

- ✓ Say something kind to someone.
- ✓ Give someone a **hug**, a note, or help.
- ✓ Spend **5 minutes** in quiet time to **relax**.
- ✓ Pet a dog, cat, or other pet.
- ✓ Think of **3 things** you're grateful for.
- ✓ Help a family member or friend.
- ✓ Draw a picture, write a letter, or do something nice for someone.
- ✓ Think about what went well today.

